ABSTRACT OF THE DISCLOSURE

The present invention provides an aqueous urethane polyol comprising a hydroxyl group, a urethane group and a hydrophilic groups in a molecule, wherein: an average number of hydroxyl group is 3 to 20; a hydroxyl value is 10 to 200 (mg KOH/g); an equivalent ratio of (urethane group) / (hydroxyl group+ hydrophilic group) is 1 to 2; and a number average molecular weight is 1,000 to 20,000.